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In a second embodiment handlebar 110, one outer end 124 of which is shown in cross-section in Fig. 5, the dampening grease 56 and first and second valves 60, 64 are eliminated and an air flow dampener is employed, preferably a feather washer 156. Feather washer 156 is a generally resilient or elastic cup-shaped member with a feathered outer edge and is used in hydraulic and/or pneumatic systems as a combined valve and seal. The feather washer 156 is preferably located on the first (inner) end 130 of a shaft 126, which is slidably received in the tubular distal or outer end 124 of handlebar frame 121, as shown in Fig. 5. The use of a feather washer 156 in a tube should be well known to those skilled in the art. The washer 156 is oriented to allow air to easily pass by the outside of the washer 156 when the feather washer 156 and the shaft 126 are forced inwardly (during compression), but to "flap out" as air attempts to pass by the feather washer 156 when the compressed spring 134 moves the cover 140 and washer 156 outwardly from outer end 124 (during spring expansion).

Another seal 160 is preferably provided around the distal end 124 of frame 121 to form a seal for chamber 152 within cover 140. This chamber 152 reduces in volume as the distal end 146 of cover 140 moves inward over the distal end 124 of handlebar frame 121. Seal 160 is at least partially retained in position by a generally radially outwardly projecting wall 170 over which an inner cylindrical surface of cover 140 slides as it telescopes on frame end 124. Chamber 152 is defined by the line surface of cover 140, seal 160 and wall 170.